

Active Sports Swimming Academy: 0508406302

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FEBRUARY 2010

Dear Parents and Swimmers,

Active Sports Swimming Academy is excited to announce the extension of our current Swimming Programme in Dubai. We will now offer a Swimming Programme at **The Sheffield Private School** from Saturday 20th February. Lessons will be available for both children and adults of **all** swimming ability.

Swimming lessons will start at The Sheffield Private School on Saturday 20th February and the term will finish on Saturday 3rd April 2010.

The term fees will be AED350 for 30 and 45 minute lessons and AED500 for one hour classes.

**A FREE SWIMMING CLINIC WILL BE HELD ON
SATURDAY 13TH FEBRUARY 2010
2pm to 5.30pm
at
The Sheffield Private School
FOR BOTH CHILDREN AND ADULTS**

During this **FREE** clinic we will evaluate your swimming level and discuss the best swimming options for you or your children. The final programme timings will be similar to the swim programme outlined below however the Head Swimming Coach, Awad Alsaleh will advise the appropriate swimming time at the Swimming Clinic on **Saturday 13th February**. Please note swimming lessons are available at alternative locations and timings if Saturday afternoons are not suitable to you. Please call any of the attached telephone numbers or email for more details. ***We hope to see you at the pool on the 13th February!!!!***

Assessment Time	Swim Level	Description of Swim Level and Lesson Duration
2pm	1	Suitable for those who have not taken formal swim lessons. (30 minute class)
2.30pm	2/3	Suitable for those who are very confident in the water and can swim a few strokes. (30 minute class)
3pm	4	Suitable for those who know the basics of swimming and need to improve their technique. (30 minute class.)
3.30pm	5	Suitable for those who are able to swim 1 length showing basic frontcrawl, backstroke and breaststroke technique. (45 minute class)
4.15pm	6+	Suitable for those who can swim comfortably showing good frontcrawl, backstroke, breaststroke and butterfly technique. (1hour class)

**For more information please call: 050 8406302 or
Email: info@activeuae.com**

www.ActiveUAE.com